

# THE TIMES DAILY MAGAZINE PAGE

## Economic Myopia Gives American Homes a Loss Of a Million Each Year

Rag Market Furnishes Outlet for Much Housekeepers Burn, While Thrifty Europe Reaps the Benefit—And Even the Empty Glass Bottle May Be Sold.

By MRS. CHRISTINE FREDERICK

Can it be true that there is a scarcity in the rag market? In the first place, many a housekeeper does not know that such a market exists. But when she writes on her linen-lawn, when she steps on many a carpet, or when she is sheltered by one of our new roofing materials, she is really seeing her own old rags in a new form. For modern science like Cindarella's fairy godmother, can transmute a ragged dress into paper, carpet, roofing material, and many other articles of use in the home. One of the most important dealers in roofing materials is a very thrifty inhabitant of the earth, but which Americans are too careless or indifferent to save. Rags are a very much needed in the manufacture of cheap paper, but such is the scarcity of rags that newspapers are being substituted with the resulting loss to the value of the paper and hence the housekeeper herself.

Where There Is Waste. We have not heard from efficiency experts that Americans waste a million dollars a year by failing to save and give to the right persons the rags, bottles, and old iron, but we feel sure that figures amounting into the thousands are actually wasted by the American wife's lack of thrift. "Any rags, any old iron?" We are too proud to answer. Instead we lump

everything on the dumbwaiter allowing the janitor to cull out the rags from other waste. If he feels like it, and "bottles" who would bother to save a clear white medicine bottle costing only a nickel? Or a colored glass bottle which seems only in the way? Yet we pay the nickel or the dime over again in each new purchase of drugs or chemicals, even though the clerk does not tell us that the 5 or 10 cents are included in the total of our bill.

### Economic Myopia.

We are all suffering from economic myopia. We are so short-sighted that we fail to see any value in an article which is no longer of value to us. Because we are tired or finished with it seems adequate reason that it should do no good to anyone else. Some of us, it is true, have the worthy habit of sending old magazines to hospitals or charities. Others sensibly call in the Salvation Army to distribute our cast-off clothing and large and pens. But how many others could save the scrub cloths, underwear, linings, petticoats, wrapping them together and giving them to old clothes men who are the rag middlemen of the industry.

Thrift, we have it not. Not willing to save for ourselves, we also refuse to save for others, and it seems as if we, by a kind of boom-erang of fate, are being forced to pay for our own extravagance. It is not America big enough, and do we not buy clothes enough with which to keep our own rag market supplied? Will we willingly continue to burn that which another less fortunate could use? Do not despise the old-clothes man. He is more important than you think.

## FEMININE FOIBLES

By Annette Bradshaw



ON WITH THE DANCE.

HE—Who's that woman dancing friskily with the colonel?

SHE—That's my chaperon.

## News Items and Notes of Club Activities in Washington

Mrs. Ernest P. Bicknell, president of the Monday Evening Club, has called for Europe to join her husband, who is national director of the American Red Cross and a commissioner of the Rockefeller Foundation. George F. Bowerman, vice president, will act as president of the Monday Evening Club in her absence. In addition to her office in the Monday Evening Club, Mrs. Bicknell is chairman of the civics committee of the women's department of the National Civic Federation.

A special music service was heard at the vespers of the Y. W. C. A. yesterday afternoon. Miss Edith Earnest, of the Y. W. C. A., gave the service, which was a most successful one. The program consisted of a song, "One Sweetly Solemn Thought," by Ambrose, and a group of four spring songs. Miss Elizabeth Williams, violinist, played Bach's "Serenade," "Ave Maria," Schubert's "Serenade," and the "Meditation" from Massenet's "Thais."

The State meeting of the District of Columbia D. A. R. will be held at Memorial Continental Hall on Wednesday of this week. Mrs. Frank F. Greenwalt, regent of the District, will preside. Reports of regents, chapters, and committees will be read, and Mrs. William Cummings Story, with other national officers, will attend.

Mrs. Mable Newport, Potts and Miss May A. Tevers, chairman and vice chairman of the music committee, have prepared a special program.

The District Branch of the National Congress of Mothers will hold its first state convention on April 10 in the oak room of the Raleigh from 10 to 12 in the morning and from 2 to 5 in the afternoon.

A program has been prepared that makes both morning and afternoon sessions of equal interest. In addition to Ernest L. Thurston, Superintendent of Public Schools, and Stephen Elliott Kramer, Assistant Superintendent, there will be illustrated addresses by prominent speakers of other cities.

Prof. Charles S. Richardson, of the Maryland Agricultural College, will give an address on "Public Speaking and Its Need in the School Curriculum." Miss Mary L. Reed, of New York City, plans to further add to the interest of her illustrated lecture on "Mothercraft" by an exhibit relating to her work.

Mrs. Elsie Colles Phillips, assistant secretary to the Milwaukee Child Welfare Commission, will speak on the "Conservation of the Child." Mrs. A. Kull Khan, wife of the Persian charge d'affaires, will present "The Mother and Child of Persia."

All attention will not be given to the infant and the young child in this speech-making day of the Congress of Mothers for the older boys and girls, their interests and activities from the standpoint of home and state are important topics in the program.

Local talent will be in evidence in readings and music. "Tony, the Barber," otherwise Edwin Callow; Mrs. George Metcalf, Miss Sylvia Metcalf, Miss Emma C. Bender, the Rev. John T. Huddle, and Charles Stuart Alden will contribute to the program.

The class in parliamentary law meets every Saturday evening at Mrs. Paul's home. The Spanish, Esperanto and French classes meet in apartment 375, the Fortner, on Tuesday evenings. Mrs. Hendley will continue her talks on the life of Susan B. Anthony on Tuesday at 3:30 in the same apartment.

The Anthony League will have charge of the meeting of the District Federation of Women's Clubs at the Public Library next Saturday morning. Madame Mountford will give an address.

Mrs. Ellis Logan, president of the District Federation of Women's Clubs, gave a short address on the value of sympathy and good will toward every form of social work. She stated that the Big Sisterhood movement was as important as the Big Brotherhood movement now so popular.

Mrs. Nanette B. Paul, president of the Paul Institute and vice president of the league, in whose home the league has held all its meetings this winter, was called upon to describe the new institution over which she will preside.

The school is intended to educate girls and women for intelligent, trained service to humanity.

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## Emotions at Meal Time May Either Promote or Delay Digestive Process

By DR. LEONARD KEENE HIRSHERG.

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THE heavy burden of a doubtful mind is only exceeded in its effects by the superburden of a hesitating physique. Thought, reason, and emotion are not chemical, intangible things, but realities—formed by matter—actual, physical things. That you and I have something, which language is pleased to call a mind, is certain. This must go undisputed. Frequently I have marshaled the facts to show how the body and the physical world affect the mind more than mind does matter. Often it is all a question of definitions.

There is much to be learned from the classic experiment of Dr. Beaumont on Alexis St. Martin. A bullet wound opened the flesh and the stomach, and afterward healed in such a way as to allow observations of the stomach juices and their action. From Pavlov, of Petrograd, then repeated those observations many times in a brilliant series of experiments upon dogs. The experiments on these few dogs were successful, and have resulted in saving hundreds of human lives.

"Thought" and Digestion. Better that twenty beloved dogs should suffer a few days than that one baby or a thousand human beings should suffer a lifetime. It is a sad fact which makes reasonable unsentimental people with feeling just as deep and sympathetic as little patience with anti-vivisectionists.

Prof. Pavlov discovered that the digestive juices can be observed through the artificial window in the dog's stomach to flow whenever the fragrance, the sight or taste of meat or other victuals was made to reach the animal.

This helped prove that the memory or thought of the creature sufficed to produce definite chemical effects. Very lately two other physiologists have been able to pursue these researches further on mankind. Drs. Hertz and Sterling had a patient with an oesophagus so scarred and twisted that an operation had to be done to save the victim from starvation. Some lye had been accidentally swallowed, with this construction as a result.

Experiments That Agree. They opened the victim's stomach and its outside wall in order to form an aperture through which food could be passed to nourish him. This furnished them with a new chance for study.

Drs. Hertz and Sterling find that all previous experiments are quite so far as any "psychic gastric" juice is concerned in man. Even when a patient was given food which he liked to chew before it was put through the opening into his stomach, no gastric juices began to flow until the foods were in actual contact with the gastric walls.

Prof. Pavlov's experiments on dogs are, however, more important, because they were done on healthy animals and repeated many times. Moreover, these researches agree with the human experience that fright, worry and the other emotional factors which occur at meal time, either dry up or promote the feast of reason and the flow of soul.

## Answers to Health Questions

A Sufferer—Q. (1) I am troubled with burning feet. What shall I do? (2) I have a fluttering in the pit of my stomach, noticeable more when retiring. A. (1) Soak the feet in a solution of formalin and water, one-half teaspoonful of formalin to one pint of water, dry them and dust with zinc oxide. (2) Eat more green vegetables, spinach, carrots, clear soups, fish, poultry, game, fresh meats, stewed prunes, figs, pears, oatmeal, oranges, apples, dates, shredded wheat, cereals, brown bread, corn bread, and drink three quarts of distilled water daily. Take seven grains of cod liver oil before meals and sleep ten hours. Get lots of exercise and have your room well ventilated at night.

A Constant Reader—Q. Is there a cure for knock knees? A. If under twenty years old, massage, exercise, and manipulation will cure this; if much over twenty, an operation is necessary.

Mrs. C. G.—Q. (1) My boy thirteen years old complains a great deal of a sick stomach. He has his tonsils and adenoids removed about one year ago, but it did not seem to help him. He gets very large circles under the eyes during the night and a headache. What can you advise? (2) What is the cause of my having dizzy spells when I put my head to the pillow? I have a tired feeling all the time. A. (1) The boy may need another slight operation; give him more boiled spinach, carrots, cabbage, oranges or raisins, stewed prunes, currants, stewed grapes, baked apples, dried fruits, grapes, plain puddings, ice cream, clear soups, celery, oatmeal, shredded wheat, corn flakes, have him eat a bowlful of made into mush each morning with sugar and cream; brown bread, corn bread, fish, fresh meats, and drink three quarts of distilled water daily. Two glassfuls one-half hour before each meal. He should be in bed each night at 8 o'clock. (2) You need three hours' sleep during the day and more at night. Drink three quarts of distilled water and a pure carbonated water daily: olive oil, and eat fats, unseasoned greens, green vegetables without much starch, buttermilk, whey, fresh fruits, cereals, and take a Bunkaria tablet with your meals. Avoid tea, coffee, seasoned foods, solid food, constipation, and inactivity. Take from 5 to 10 grains of either ox bile, ox gall, or bile salts with meals, and several hours active exercise daily.

Inquirer—Q.—1. What will cure a young man of a shiny skin in a short time? 2. What will remove dandruff from a sensitive scalp? 3. What exercises and diet would you recommend to put color in my cheeks? A.—1. Avoid sweets, pastries, candies, oils, fats, highly cooked foods and sour thick stews. Keep the intestines active and bathe often. Do not use hot water or soap on your face, but use a greaseless peroxide cream and ice-cold water. At night massage the face with a glycerine and peroxide, equal parts. 2.

MAJOR AND MINOR. A bird sang sweet and strong. In the top of the highest tree: He sang, "I pour out my soul in song. For the summer that soon shall be."

But deep in the shady wood Another bird sang, "I pour my soul on the solemn solitude. For the springs that return no more."

—George William Curtis.

Massage into the scalp twice a day rosemary, 5 grains; balsam peru, 3 drams; coconut butter, 3 drams; sulphur, 3 drams; transparent ointment, 1 ounce. 2. Eat more green vegetables, fatty foods, fresh fruits, cereals, keep the bowels active, be in the fresh air and sunlight most of the day. Join a gymnasium, dance, row, swim, walk, run, and drink three quarts of distilled water daily and two quarts of fresh milk and cream. Sleep ten to twelve hours and have your room well ventilated.

Sufferer—Q. What is the cause of a soreness and pain in the small of my back extending up between the shoulders a tired feeling and stiffness of the joints, especially on arising, frequent headaches and swollen finger joints, which pain me at times; a weak heart, and habitual constipation? I cannot sleep more than six hours. What shall I do? A. Go to a hospital and have a thorough physical examination and a correct diagnosis made.

R. G.—Q. I am a great sufferer from insomnia, and the slightest sound awakens me. What can I take or do to make me sleep? A. Do not eat anything heavy for your evening meal, have no excitement, take a hot bath and drink a cup of hot milk before retiring. Go to bed early, even if you cannot sleep, and have your room well ventilated. Get lots of fresh air and sunlight, lots of exercise during the day.

Dr. Hirschberg will answer questions for readers of The Times on medical, hygiene and sanitation subjects that are of general interest. He will not undertake to prescribe or give advice for individual cases. Where the subject is of general interest letters will be answered personally, if a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirschberg, care this office.

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## ADVICE TO GIRLS

By Annie Laurie

Dear Annie Laurie: I want to go on the stage. I am young and yet, and my mother doesn't want me to. Do you think I am foolish? V. T.

WELL, V. T., you had better take your mother's word for the best course for you to pursue until you are a little older. If you are fitted for a stage career time will give you the opportunity. A good education is very necessary now for any career. Better get that first and all else will follow.

Flora—No wonder the poor man has lost faith in you, Flora. I guess he really doesn't know what to believe of you, if your stories are all falsehoods. He may have been comparing notes with some of the men you have raved about and discovered.

### April.

April is a lady:  
April is a queen:  
Woven mist and sunshine  
Wrap her in the green,  
Roses gleaming of beauty  
Through the meshes seen!

From her clinging garments  
Breathes a perfume sweet;  
Violets spread a carpet  
For her dainty feet.  
Winged breezes, gentle  
Her on errands sweet.

She, with budding scepter  
Plucked from bush or tree  
Leads the wild bird chorus,  
Sets the captive free;  
Laughs to laugh the meadow  
Forth to meet the sea.

All the world yields homage:  
Bending low to glean  
Of her golden largesse  
Scattered on the green.  
April is a queen!  
—Pauline Frances Camp, in Boston Transcript.

## Municipal Dances and Chaperones

Chicago's Experiment Proves to Be Fizzle, and Society Espionage Not Relished By "Proteges."

By WINIFRED BLACK.

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LITTLE Ellen Hogan stayed at home from the municipal dance in Chicago last week. So did Sady Denor, and so, Maria Pontenelli didn't go to the dance, and Olga Romanoff stayed at home, too.

And the great hall was lit, and the floors were polished, and the band played, and the policeman walked up and down in front of the door, and the society chaperones sat inside and chaperoned very discreetly—nobody to speak of.

It was all terrifically puzzling. Such a lovely dance, such beautiful music, such a fine evening, such perfectly good chaperones, such excellent rules about what dances would be allowed, and just how not to hold your partner. How ungrateful the lower classes are, to be sure!

Why, the very night of that municipal ball, to which not one of them would go, Mike Casey had a dance in the hall over his place, and every pretty girl in the neighborhood was there. The floor at Mike Casey's ballroom is not even passable, the air is more than bad, there wasn't a chaperone in sight, nobody told anybody what was proper and what was improper, and those misguided young people came at 7:30, just as soon as the girls could get through supper and into their "dol" clothes, and danced until 4 o'clock in the morn-

ing, to the music of one rheumatic fiddle and a harp with a bad attack of the asthma.

### Were We Different?

And they went home just before daylight laughing, and not in the least ashamed of themselves, and most of the girls' mothers pushed the button and let them in at the lower door of the dance, and never thought of asking them whether they had been properly chaperoned or not.

What a perverse lot they are—the young people—and how hard it is for them to learn to be bossed!

We were all different, weren't we, we Americans, when we were young, our ourselves, and went to dances before the middle-aged people got the craze?

We never slipped out into the moonlight and danced on the porch, just to get away from the chaperones, did we? We never resented the idea that we didn't know enough to take care of ourselves and didn't want to learn, did we?

The chaperone at the municipal dance, I do hope I'll get a chance to be one of those chaperones—just once. I wouldn't need anything to make me laugh again for a year.

Me chaperoning little Minnie Zembrisky, who's taken care of herself since she was seven years old, and knows more about the world and the ways of it than any woman of my kind will ever know if she gets to be a hundred!

Me telling Nora O'Rourke not to let Tim Flarity hold her too tight when they do the two-step!

Why, Tim Flarity would knock any man down who would hint that Nora would let him do such a thing. And Nora has a good, heavy hand of her

own, too, and knows exactly how to use it in just exactly such emergencies. Do you know what she'd tell you if you dared to talk to her about a chaperone and her need for one at a municipal dance, or anywhere else?

She'd tell you that she never needed a guardian in her life as long as she met the men of her own class.

Forget the Chaperone. Ask the waiters at any of the smart cafes who it is that needs the chaperoning, the working girls they meet going to and from work in the streets, or the smart girls who slip into the cafes and meet elderly men who know all about chaperones, and just how to circumvent them.

Girls who work for a living haven't much time for mischief. They're too busy holding their jobs.

Do you want your municipal dances to be a success, gentlemen of the Chicago Board of Supervisors, a real success with the heart of the people really in them?

Get a good priest who loves his parishioners, a nice, good-natured aunt, and a broad-minded uncle or so from the families in the district where you want to hold the dances, to take an interest in them. Don't have the policemen, or much in evidence. Don't make any rules about the proper and the improper dance—the decent girls will see to that themselves—and send the chaperones home in a nice, comfy limousine, with a hot footstool to keep their toes warm on the way.

Did you ever take a good, big, husky red geranium and put it in the hot-house beside an orchid and see what would happen to it?

I never did. I'd like to, some time, I'm afraid the geranium would die, though, and that would be a pity, for, whisper, I like the geranium best.